

# EAP MONTHLY UPDATE

OCTOBER 2020

## Welcome to the EAP Monthly Update!

Having a sense of purpose and living an authentic life is good for our mental health and helps us to feel happy and fulfilled. However, managing everyday challenges sometimes makes us lose sight of what we really value. We may neglect important relationships or put our own needs last. When our actions don't match our words, we can experience uncomfortable feelings, such as, sadness and anxiety. Look this month for information on living an authentic life and learn more about depression at [eap.calhr.ca.gov](http://eap.calhr.ca.gov).

### MONTHLY ARTICLE:

#### Being Your Authentic Self

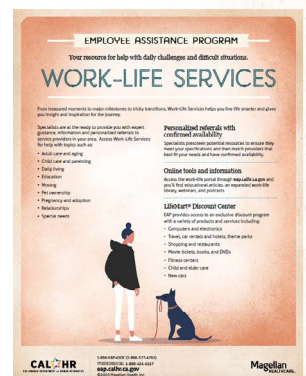
Living an authentic life means being true to your values, goals, and principles no matter what situation you're in or who you're with. Knowing who you really are requires self-reflection, mindfulness, and acceptance of your strengths and imperfections. When you pretend to be someone you're not or hide who you really are from others, you may end up feeling lonely and disconnected from other people. In this article you'll learn why authenticity matters and tips to practice being your authentic self.



### EAP FEATURED BENEFIT:

#### Work-Life Services

Do you need help balancing your busy work schedule and personal life? Work life services are available to help you and your family members find practical solutions to difficult situations and the daily challenges you face throughout all life stages. From caring for children to retirement planning, the EAP offers you and your eligible dependents confidential, no-cost assistance anytime you need it, seven days a week, online and telephonically.



Visit [eap.calhr.ca.gov/home-page.aspx](http://eap.calhr.ca.gov/home-page.aspx) to learn more about EAP Work-Life services.

Visit [calhr.ca.gov/employees/Pages/eap-articles.aspx](http://calhr.ca.gov/employees/Pages/eap-articles.aspx) to read the article.

## October is Depression Awareness Month

Depression is a common, but serious, mental illness. When people suffer from depression, it interferes with their daily life and can negatively impact behavior, physical health, relationships, work, and school.

However, Depression Awareness Month is a reminder that effective treatments are available for children and adults.



## MIND YOUR MENTAL HEALTH

Depression Awareness Month teaches about the signs, symptoms and treatment options for depression. It also affirms that when help is needed, seeking assistance—either from a licensed professional or a trusted friend—is a sign of hope and strength. When struggling with depression, you're not alone!

1. **Look for the signs.** If you have feelings of sadness that are intense or continue for two weeks or more, you may be suffering from depression.
2. **Reach out.** If you're battling depression, contact EAP for helpful resources.
3. **Be patient (and safe) with medications.** If you've been prescribed an antidepressant, continue to take it as directed, even after you've started feeling better.
4. **Stay with treatment.** Follow the treatment plan—including attending all sessions—that you've established with your provider.

Mind Your Mental Health (MYMH) helps raise awareness about mental health issues to help you and your friends, family, and coworkers learn practical ways to support your own mental health and gain an understanding of how to help others.

Visit [MagellanHealth.com/MYMH](https://MagellanHealth.com/MYMH) for mental health resources.

## OCTOBER AND NOVEMBER LIVE WEBINARS

### October

#### How to Thrive this Holiday Season

Wednesday, October 14, 2020 | 11:00 a.m. – 12:00 p.m.

**Description:** The holiday season will be upon us soon. Why are holidays stressful and how can we get through them more joyfully? In this webinar you'll identify coping skills, boundary setting, and learn about resources to help you and your family members not just survive, but thrive, during the holiday season.

### November

#### Avoiding Caregiver Burnout

Wednesday, November 4, 2020 | 11:00 a.m. – 12:00 p.m.

**Description:** Even though millions of Americans will find themselves, at some point, caring for an aging parent or other relative, meeting this challenge and finding help isn't always easy. In this webinar you'll learn the signs and symptoms of caregiver burnout, situations and circumstances leading to burnout, and ways to cope.

*These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the EAP website at [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Scroll down to the bottom of the homepage. On the right side under the header for "Featured Topics," click on the link for "Access webinar."*

*Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). Click on the "Learning Center" header. Scroll down on the Learning Center page. On the left side of the page, click on "Webinars." Click on "View More" to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.*